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The Okinawan Midwife

Children are born under the care of a midwife (sanba). Physicians do not attend at birth, but they may be called later if complications develop. Native doctors (yabu), who have now largely disappeared, are not consulted. One midwife may serve several villages. She is engaged some months before the expected birth. Midwives are highly respected. The older ones have added to their initial training a wealth of knowledge based on experience. A midwife in Ginosa village takes care of the expectant mothers of Matsuda and one in Gushichan village serves those of Hanashiro and Minatogawa. Midwives long resident in an area are beloved by the children they have delivered. The children when adult visit her, or she is invited to the homes of those at whose birth she has assisted.

Prenatal examinations are made by the midwife in the 3rd, 5th, 7th, and 9th month of pregnancy, the most thorough of those being the last three. The mother goes to the midwife for the examinations, but the birth takes place in the home. A birth other than in one's home is considered bad luck.

Starting with the 5th month, the belly is wrapped around with a flannel sash (a haraobi). On the 5th month, it may be 7 shaku (about 7 feet) long and about 6 inches wide; by the ninth month, a 9 shaku length is used. The sash is not needed, in one midwife's opinion, during the last month of pregnancy, but it may be left on. While the sash is worn, it is taken off three times a month for laundering. The purpose of the binding is to keep the child in its natural position and to prevent it from turning and causing an abnormal delivery.

After birth, the child may be slapped on the backside if the mother has been in labor 17 hours or more. According to one midwife, the usual labor for a first child is about 17 hours, and 7 for the second. The midwife cuts the umbilical cord and may, but not always, dispose of the afterbirth (taiban, iya in Japanese).

In the villages, this may be disposed of by women relatives or by the father. It is buried, following an old custom, behind the house in a place where it does not rain. In Matsuda, women relatives wrap the placenta in a cloth and bury it, while friends, relatives, and children gather around and laugh. There are variants of this custom. In Minatogawa, the afterbirth is wrapped in a cloth and buried back of the house by the father. Neighboring children gather and laugh while this is going on. The reason for the laughing is that the new born child may always smile and be gay. In another variant, the father alone does the laughing. In all villages studied, this custom in its variants still has vitality.

According to a Ginosa midwife, maternal death in child birth is unusual. Hanashiro women said the same. Miscarriages in early

843 pregnancy are also said to be rare, although miscarriages in later pregnancy up to two or three months before the birth are more numerous because of the continuing heavy work of the mother in the fields. The mother in the agricultural village normally works up to the time for the birth. She eats her normal diet. After birth, the child is placed on a large comforter (futon) beside the mother.

[842] [465] The midwife, after delivery, goes once a day for a week to the mother's home. Her fee is not decided upon before hand, but according to custom, averages ¥350 for a normal and ¥500 for a difficult birth, a low fee probably enforced by the poverty and lack of cash of farm families. (In Naha corresponding fees are said to be ¥1-2000).

853 There is no uniform way of feeding the child after birth. In most cases the child is not breast fed until after the third day due to the fact that mothers have little milk at this time. The first, second, and the third days it is fed warm water with small amounts of white sugar, but this is by no means universal. Some mothers have said that they give the child the breast 4 or 5 hours after birth. In any case, the child very quickly becomes accustomed to feeding at the breast, and this continues for an indeterminate period, depending on the mother and the child. It may be for two years, or until the next child comes. In all communities studied, other arrangements are made in the unlikely event that the mother does not have milk of her own. The child may be given evaporated cow's milk or friends or relatives nurse the child. In Minatogawa, if a woman has special duties or takes a trip out of town and cannot take her child with her, she can pay to have it nursed.

843 One belief regarding pregnancy still exists among the old in the Ginoza area. If a new house is being built during the pregnancy of the woman of the house, the cap of the roof is not put on until after the birth has taken place.

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Birth Customs and Convalescence

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[842] In Minatogawa, and to a much lesser extent in Hanashiro, birth customs are related to certain beliefs about the pig pen. These were not known in Matsuda. In the two southern villages they have virtually disappeared, except among the old. According to a Hanashiro farmer's wife, the child on the day of its birth is washed, dressed in new clothes, and carried to the pig pen, which is supposed to frighten away evil spirits (bakemono).¹
[184] away evil spirits (bakemono).¹
² [See foot note 1, bottom of p. 255--analysis]

away evil spirits (bakemono).¹ From the pig sty the child is then taken to the kitchen, where a pot of rice has been cooking. Soot from the outside of the pot is taken up with the middle finger of the right hand and a round black spot pressed on the forehead above the bridge of the nose between the eyebrows. The reason for this could not be ascertained.

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Beliefs in the power of a pig sty to ward off evil spirits are still held in Minatogawa and the customs were generally practiced up to the beginning of the war. But these beliefs were related more to celebrations following the birth of the child than to the birth itself. The elements of these beliefs seemed to be that the afterworld was close to this world. If a child were not protected, the spirits of the afterworld would steal the child and take him back. The party celebrating the birth lasted a whole week, usually starting each evening about 8 and ending at 8 the following morning. Guests stayed up all night to prevent the child from being stolen, for if anyone went to sleep, the spirit would enter. Spirits followed behind the guest and were especially dangerous after 10 at night. The spirits however were frightened by the pigs; guests arriving during the danger hours went to the pig pen first to scare off the spirit following them, before entering the house. There was no evidence, in the parties I attended, of any present observance of this custom by young parents. The week of all night parties is no longer held.

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These beliefs were found in Minatogawa. Hanashiro informants had heard of such customs, but were vague about them. While their seeming absence in Matsuda may be due to incomplete data, there may be another explanation. These beliefs may have been picked up by fishing people from other sources.

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One other birth custom known as jiru belongs to the recent history of the island. Jiru, as explained in Chapter V, is a fire place sunk in the floor of an Okinawan house, often in the corner of the dining room which adjoins a hall or a sleeping room, and near the kitchen. Convalescence was called jiru because mother and child warmed themselves by the device. Today convalescence may be called jiru, though it has nothing to do with the old custom, which in the literature has been referred to as "roasting."

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1 When I discussed this and the following beliefs relating to pigs with people in Matsuda, they ridiculed them and said there was no truth in it, implying that people in the south did not know what they were talking about. Subsequent rechecking convinced me that this was not so and that the beliefs in Minatogawa represent differences in the rural culture.

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[354] In Matsuda, the jiru used after childbirth was either a small fireplace about three feet square set in the floor or an ordinary brasier (hibachi). The mother and the child were put in a dark sleeping room outfitted with the warmer. Sometimes the entire body of the mother was heated; in other cases, she seems to have placed herself so that the vagina received most of the heat. This was done regardless of season and happened in the hottest summer. The mother and child stayed in this room for 20 days. Attending female relatives went in and out only to keep things clean and to take care of the laundry. This form of jiru is said to have been practiced in Matsuda until 10 or 15 years ago.

In Hanashiro, this custom of warming was substantially the same. Regardless of season, the mother with her child retired to a dark room heated with a stove or a brasier. The mother nursed the child and no one entered or disturbed the two except for necessary attentions. No special portions of the body were heated. According to one Hanashiro woman, this custom existed up to 1940.² In present day practice, the mother rests for about 9 days including the day the child is born. During this period, the two are left alone. Necessary changes of clothing are put out and washed by female relatives. Following the rest period, the mother gets up, female friends and relatives clean the place thoroughly, and the house is back to normal.

In Minatogawa, warming is said to have disappeared about 20 years ago. The present period of convalescence lasts also about 9 days, with visits by grandparents on the day of birth, friends of the father on the second day, and those of the mother on the third.

IM
844 These customs seem to have died out because of the introduction, through Japan, of modern medicine and the growth of midwifery. The knowledge of a Japanese trained midwife is based on a study of anatomy and a thorough exposition of child birth and child care. Some lore, such as lucky days, and the reckoning of the tide enter, but her techniques are based on medical practice.³

2 An old man, a village official, said warming had disappeared 30 years ago, but in this matter the mother's testimony is probably the more reliable. In either event, both point to the relative recency of the practice.

3 One Japanese midwife uses as her guide two volumes by Kinoshita, Seichu. *Sanbagakudōgi* (Lectures on the Science of Midwifery), 1923. Vol. I deals with normal, Vol. II with difficult deliveries.

3

Naming the Child

On the day of his birth, the child is given a name, but this is not the one it carries throughout life. The latter name, sometimes called the school name, may be given 5 days after birth, counting the date of the birth. This custom of double naming is still used in Hamashiro and Ikinatogawa, though, according to local residents, it disappeared from Matsuda ten years ago. It is hard to discover the reasons for this double naming. Perhaps the first name is a temporary one to be used for the first crucial days of the child's life. If he survives, he receives his permanent one. This name, while known to the child, is not ordinarily retained when he gets his second name. Among the very old, however, some of these first names have been retained through life.⁴ In Hamashiro, young and old alike may be known by both names, but the younger are apt to use the full given name. Adults and the old are known by both names.

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The names given on the birth day are often the occasion of laughter, as some have the same pronunciation as common names of household utensils, agricultural tools, or domestic animals. The following list was obtained in Hamashiro but the same names were equally familiar in the other villages. (1) Ushi, given to males and females. Ushi is also the word for cattle. (2) Kame, also the word for a turtle or a tortoise. (3) Tsuru, also a stork or crane. (4) Nte, given to both sexes, the Okinawan word for pig. (5) Handu, also a water barrel. (6) Kame, also a sickle. (7) Nabi, a pot.⁵

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These are homonyms. The name is written in hiragana or katakana (the Japanese syllabaries), not with the Chinese character of its homonym. Hence it would be incorrect to say that the child is named "Cow," "Pig," "Pot," etc.

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In Matsuda, up to about 30 years ago, according to one informant, if a wife gave birth to a child in the husband's absence, the eldest relative present gave the child a name of the sex opposite its own, apparently to avoid bad luck by resort to contrariety. When mothers gave birth to a child in the toilet, it was named nte or nte, apparently referring to the identity of the toilet and the pig pen.

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4 This is apparent in analyzing the family registers (hosoki)

5 Other names are Tanashi (female); Ueto (female in Hamashiro); Makatu (f); Chiru (f); Taru (male and female); Jira (m); Saura (m and f but scarce); Niyo (m); Uta (f); Kanashi (f), and Kana (m and f).

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year. On these occasions his parents take gifts of tea, noodles, and whatever else they can spare to the foster parents. During their visit the foster parents present the gift as an offering on the ancestral shrine and pray to their own ancestors, the guardians of the foster child. It is believed that this may help to offset the adverse effects of the child's own ancestors.

In spite of some treatments, such as blood letting and moxa cautery, which seem harsh to the unaccustomed observer, Taira people are extremely concerned about their sick. Illness, and most of all the need to remove the patient to the local dispensary or to a hospital in town, involves the whole family. No one likes to leave a sick person alone. His family and friends attend to him in such numbers that the small rooms are never large enough to hold all. The security given in everyday life by the presence of relatives and neighbors in the village continues during the critical period of illness. In the case of a fisherman from the south who was washed ashore in his boat after a storm, township officials kept the man continuous company in his dispensary room even though he was close to death. Female relatives cook meals and look after the comfort of a hospitalized person. This means that a young girl or an older woman will leave her usual work for days or weeks to attend the patient.

Because of intimacy in the home and visits to the sick, children are quite familiar with illness. A mother who has to go to the hospital takes her youngest child with her. After burning moxa weeds on her skin for two weeks had failed to cure a nephritic condition, one woman went to the hospital in town, taking her 8-months-old daughter although she did not have enough milk to nurse. The infant had to be given bottled milk prepared from cans. Meanwhile the older children remained under the care of their father.

There is, however, little concern with children who have minor ailments. A school child may be excused from attending classes. In one case a boy stayed home from school with stomach pains. He was happily playing with younger children in the street. One of the adult villagers walked past, stopped after seeing him, and inquired: "Why aren't you in school today?" When told by the boy that he had an upset stomach, the man ordered him to go home right away and stay inside or go to school. The boy's mother, although aware of her son's discomfort, did not pay any special attention to it.

Preventive medicine is officially the responsibility of the public health nurse. She advises people on proper preventive care, inoculates children against whooping cough, diphtheria, and other diseases. She also acts as an advisor to mothers on child care and occasionally helps with a birth if the doctor is unavailable. If a case is diagnosed as

744 tuberculosis. the public health nurse teaches the family how to treat the patient in the home by giving him rest and drugs provided through her. Isolation, though recommended, is not carried out effectively, as might be expected from the general treatment of sick in the village.

744 Like most public offices in Okinawa, the nurse's carries with it a
759 large load of administrative duties. Between these and attending meetings and lectures at Nago hospital, there is relatively little time to cover the long distances between villages. Taira is fortunate to be the residence of the nurse, and when occasionally a nurse from another township comes to help her with inoculations, the children crowd around her and say "We want 'our' nurse to do it."

743 The dispensary, or small hospital, in Taira is owned and run by a former medical corps man in the Japanese Army, referred to as "doctor."

759 After the war the government gave permission to a number of

758 former army medical personnel to practice on a limited scale in the villages. The Taira practitioner takes the place of a midwife, gives first

● [844] aid, and diagnoses simple illnesses. If there are no complications, a patient requesting medical care may be kept at the dispensary, where a family member and the doctor's "nurse," a young female servant, attend to all his needs. If the doctor is confronted with a complicated birth or a case requiring surgical skill, he refers the patient to a private clinic in Nago or to the public hospital there. The township gives financial aid to the doctor to maintain his establishment.

[657] Penicillin has become the doctor's stock in trade, and other antibiotics and drugs are liberally administered via the hypodermic needle.

[278] But the doctor does not restrict himself entirely to the use of recognized Western medicines and practices. He may recommend special

[262] diets to which people have resorted for a long time, such as goat soup,

[759] which is believed to cure colds. Although the doctor has a high status in the community, most persons do not rely on his advice alone but resort to other practitioners and their remedies.

[759] Until a few years ago a popular medical practitioner, the bush doctor, resided in Taira. After his death nobody took over his work, and now many people have to travel far to receive treatment from a bush doctor in another village. His methods primarily include the use of moxa cauterization, burning mugosa weed on the patient's skin, and acupuncture by the use of a fine golden needle. He may also prescribe a certain diet and the use of special herbal remedies, which the patient prepares for himself. Those who have great confidence in the bush doctor's competence, particularly older persons, do not consult the Taira doctor at all.

758 In all their dealings with sickness and its prevention, Taira people are severely handicapped by their economic conditions. Even families

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women in Taira. Three young mothers, who continued to work despite the discomfort and pain of swollen extremities, consulted with the doctor in the nearby town, and a fourth described this condition, which had prohibited her from any but the most simple and undemanding work. The old people look upon unusual pregnancies in askance. "Work, good, hard physical labor is what we did and we never had any difficulties. Young people pamper themselves." [461] 843 164

Special foods and advice are proffered the expectant mother for the benefit of the baby. "Eat this so that you will have lots of milk for the baby. Remember that spicy things are bad for the baby. Do you recall the one who was born with a great patch of hair on its arms? Its mother was frightened by a great big cat while she was carrying that child," comment villagers to the mother. Some husbands indulge their wives' cravings for special delicacies like expensive imported fruits. 843 [262]

To keep the baby in position, a sash is wound several times about the pregnant woman's abdomen by a midwife or some old woman. [292]

In the "old days" it was not unusual for a woman to return from the mountains or fields carrying her newborn. Grandmothers recall with relish the days when "Women paid little heed to their condition, did hard work, and had their babies without a whimper." "The women to-day pamper themselves," snap the wizened grandmothers watching an expectant mother resting between trips to the mountains. 844 843

As the day of parturition approaches, the expectant mother schedules her work to remain as close to the house as possible. When labor starts, she retires to the back room of the house, which is situated next to the kitchen. The medical practitioner, or in his absence a midwife,* is called to assist in the delivery. The husband's mother, if she lives in the house, or other older related women attend. A man may be present during his wife's first delivery but at subsequent births will wait with some of the women in the front room. In the old days a woman was supported by her husband or someone else in a half-sitting position. Nowadays, however, women give birth lying down. Only rarely does a woman in labor cry out in pain. Soft crying is permissible, but any loud demonstration would elicit contemptuous comments from the older women. "If you had worked hard, the baby would not be so big, then labor would not be difficult," is an often heard retort. 844 [759]

Informal interviewing revealed that birth takes place in a large number of cases during late evening or early morning hours. Usually children of the house sleep on undisturbed. Should they awake, they are kept out of the delivery room, although the youngest may be allowed to enter to visit with his mother shortly after delivery. [152] 858 [593]

The newborn is bathed in tepid water then bundled in blankets,

* At present there is no midwife in Taira.

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[853] kimonos, and diapers. He is placed under the blanket next to the mother and given a gauze nipple dipped in tea and sugar to suck, which is often his only food for as long as two days if lactation is slow. Meanwhile the afterbirth is wrapped in straw and left under the floorboards in the kitchen to await the outgoing tide.

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593 Tea is now served in the front room, and the birth is discussed by the women who assisted. On one such occasion, the father and grandmother showed a little boy whose sister had just been born a great deal of affection. The father held the boy in his lap, and both adults told him that he was now a big brother.

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156 At the first hour of the outgoing tide, old women—the grandmother of the baby, relatives, and neighbors—wrap the afterbirth in rice straw and bury it in a specified place outdoors behind the hearth. The purpose of the ceremony is to ensure that the child will be happy and sociable. To the accompaniment of laughing, loud clanging of pots and covers, and calling to each other, the women circle the house. When the burial is completed, they chant loudly, "May this baby always laugh and be pleasant." A stone is then placed over the burial mound so that the infant will not be frightened in his sleep, an emotion which is inferred from the jerking of a young infant while asleep.

[152] Until about 10 years ago a ceremony was performed by descendants of noble families from Shuri over the newborn to ensure success in his future role. For boys, a winnowing basket was propped up against a hoe on which a clump of soil and grass rested. While the father's mother held the child in one arm, she shot an arrow with a bow into the basket. This act was to make certain that the child would become a good hunter (provider) as well as a successful farmer. The grass on the hoe symbolized strength. A girl, on the other hand, received a miniature loom constructed especially for such occasions, which was to assure her success as a weaver of cloth. A spool of banana fiber was presented along with the loom.

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538 There is a story that long, long ago an infant was born on the beach. Immediately after he was born, as he still lay on the sand, a crab crawled over his chest. This infant grew up to be a strong, famous man. Shuri descendants still have a custom of grandmothers holding a newborn boy in their laps and releasing a small crab, which scurries over the infant's chest. These practices, however, are absent in central Taira now and are rarely found in the outlying settlements of predominantly Shuri descendants.

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198 Formerly mother and child were confined to the darkened delivery room next to the kitchen and at the rear of the house for seven days, while an open fire was kept blazing in the brazier near the mother.

843 be drawn into the tomb. Some say the prospective father should also avoid these situations. Another set of observances has an easy delivery as its aim. The woman is urged to work hard and not to overeat so that the unborn child may not become too large. During the fifth month a "belly band" is wrapped tightly about her for the same purpose, especially to keep the head small.

A woman neither hides her pregnancy nor displays it unnecessarily--- if she is married and it is her husband's child. If this is not the case she may attempt to hide the fact. On the other hand if she is bearing what may be her husband's first son, she may be very pleased at the prospect, but she does not go out of her way to show it.

843 No clear statement was given to the effect that the "soul" enters the
774 body of the unborn child at a particular time, but statements are made about dangers to the shii of the child. One informant suggested that this soul-like
[847] entity enters the body of the mother during the third month and that for this reason a moxibustionist had refused to abort a woman after her third month had passed.

847 Abortion Abortions have always been and continue to be performed on Okinawa. The most frequent reason is said to be the desire not to bear an illegitimate child. An old-fashioned home method is to brew camphor-wood leaves and drink the brew or to burn the leaves and breathe the smoke. Experts in cauterization are also believed to be able to cause an abortion by burning moxa on the proper areas of the body. But at the present time women are said to be aborted more frequently by midwives. The practice does not appear to be regarded as illegal.

• 844 Birth A woman tries to work up until the time of childbirth. If she has had several children already she knows when labor starts, how long it is likely to last, and may go out to the fields confident that she can return in time. Delivery is in the kucha, the back room of the house. Women of the family are present and men are not forbidden, though children are sent out. Often a woman's husband grasps her during delivery. Formerly she squatted on the floor holding a rope suspended from a house-beam above her. At present she is usually made to lie down. The labor is spoken of as "pain" but the woman must not cry out; she may only grunt when putting her strength into the ejection of the baby. If she were to cry out because of the pain she would later feel very ashamed---"because it is something that happens to every woman; people would talk about her."

853 Formerly the newly-born child was neither bathed nor dressed but simply wrapped in an old kimono; now it is bathed in boiled water and dressed. The infant is permitted to nurse from about the fourth day on, after there is milk in the mother's breasts. Before this it may be given a little sugar in water and possibly allowed to suck a little colostrum about the second day after birth.

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[354] Formerly the mother was kept in the kucha for about a week in front of a fire burning on the jiiru, an open hearth in country homes, a kind of brazier in the city.

brazier in the city. She was kept warm continuously, even in hot weather, so that, it is said, women often broke out in skin eruptions from the heat. At present younger women are not following this practice and many regard it as a foolish custom. The absence of jiiru in post-war houses may be a factor in the decline of the custom. 178
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Post-natal Observances During the first year of life the child is the center of several ceremonies. They are in brief: 852

1) Mbagii sunji, "Red rice ceremony". Held on the day of birth. Relatives, friends, and neighbors come. Rice dyed red and a soup of taro stems (a symbol of many children) are offered to the ancestral tablets and served to the guests. The afterbirth is buried behind the house while the children are made to laugh so that the baby will have a good disposition. [844]

2) Naa,jiki, "Naming". Held during the first week. Practices vary. In one variety the baby's grandmother releases a crab and a grasshopper and shoots an arrow at a winnowing tray; in another she divines with rice grains to see if the name she has selected is proper. This rite was formerly held to give the baby its native Okinawan name. [553]
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3) Mansang, "Full birth". Held on the 7th or 30th day after the birth to celebrate the full term. A feast is served to relative, friends, and neighbors.

4) Naa'njii, "First going out". Held for a boy on the first day of the ten-day cycle, designated as kanii, on the second kanii day for a girl. The baby's grandmother makes it pray to the ancestral tablets and to the oven god, then marks its forehead with soot and takes it out, formerly to pray to the god of the pigsty-privy. [767]
[782]

5) Hachi-atchii, "First walking". Held whenever the mother is first able to go to visit her parents and siblings. She takes gifts of food to them and in return they give money to the baby.

6) Tanka, "Birthday". Held on the first anniversary of the birth. A feast is prepared and many relatives and friends come bringing gifts of money. The child's future career is divined by placing a number of objects in front of it--money, a book, an abacus, food, etc. If the child chooses the money he will be rich; if the book, a scholar; if the food, a glutton; and so forth. The odds are usually weighted in favor of a desirable future. [527]
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There seems to be some variation in all of these practices. Several may be obsolescent because some of the elements entering into them are no longer in use, the pigsty-privy and the native names, for example. [178]

Infanticide New-born babies may be done away with if they are not wanted, but this is probably not at all common under ordinary circumstances. One example was recorded: An old woman who died recently lay for about a week on her death bed unable to talk. Her children gathered about her, wondering if some sin ('tsumi') were not in need of atonement ('tsugunai'). 847
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